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PRELIMINARY HEALTH AND SAFETY PLAN

Tender for internal alterations to existing WC layouts, external courtyard to be covered and converted into Teacher's Resource Room and flat roof replacement works

AT

Cavan No. 1 School

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October 2026
Job Ref: 26064

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PRELIMINARY HEALTH AND SAFETY PLAN – DESIGN STAGE

PROJECT DETAILS (PART 1)
Project: Upgrade works to the existing Cootehill Enterprise Centre, including thermal performance improvements and environmental upgrades to the external building envelope, façade systems, and internal wall constructions.
Client (Employer): **Cavan No. 1 School**
Project Supervisor (for Design Stage): Michael Fitzpatrick Architects Main Street, Butlersbridge, Co. Cavan. Telephone – (049) 4365800 E-mail – info@mfcarchitects.ie
Site Location: **Cavan No. 1 School, Farnham St., Abbeyland, Co. Cavan**
Description of Works: **Tender for internal alterations to existing WC layouts, external courtyard to be covered and converted into Teacher's Resource Room and flat roof replacement works**
Programme of works: The project is being undertaken in a single phase and the programme is as follows: Work to commence on: **October 26th 2026** The intended completion date: **October 30th 2026** The programme will be subject to further detailed discussions with contractor prior to commencement of works on site.

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

EXISTING ENVIRONMENT (PART 2)
Adjacent/previous land use: The existing site is a school. Works are intended to be completed over the October bank holiday.
Water, sewage, electricity and telecommunications serving/crossing the site: The following mains services exist: Foul & Surface Water sewers, watermain, electricity & telecommunications. The project Supervisor (Construction) Stage is to be totally satisfied with the location of services prior to any work being undertaken.
Access (and restrictions on access to the site): Site access to be from the main entrance from the Cavan – Kilnaleck Road
Existing structures: Existing school

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

AVAILABLE DRAWINGS (PART 3)
Michael Fitzpatrick Architects Drawings P03.1 – Site location map P03.2 – Site layout plan P03.3 – Floorplans P03.4 – Existing Elevations P03.5 – Proposed elevations P03.6 – Section P03.7 – Door schedule P03.8 Window Schedule
Existing Health and Safety files: Non-Apparent

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

DESIGN INFORMATION (PART 4)
Significant Health and Safety Hazards: Removal of asbestos cladding from the site. Working at heights Working around existing services and infrastructure and industrial equipment. Working with materials without appropriate personal protective equipment. Lack of appropriate training e.g. Manual Handling, Noise, Existing services e.g. Electricity, etc. Trips, falls, Stored materials, Traffic management plan to be submitted prior to commencement of works and to account for delivery trucks, employee and customer parking, construction vehicles, etc.
Sequence of assembly/works: **Sequence only relates to external works**
Safety method statements are required for the following: Any hot work, confined space entry, or any work of similar nature which requires specific Safety procedures to be adopted in order to satisfy the safety regulations i.e. Safety Health & Welfare at Work (Construction) Regulations 2013, Safety Health & Welfare at Work Act 2005. Safety Health & Welfare at Work (General Application) Regulations 1993. All asbestos removal work must be carried out in accordance with S.I. No. 386 of 2006 Safety, Health and Welfare at Work (exposure to Asbestos) regulations 2006-2010. And all other statutory Acts and Regulations, which apply.

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

HAZARDOUS CONSTRUCTION MATERIALS (PART 5)
The following materials and substances have, or may have, to be used in the works and are identified as potentially posing special health and/or safety hazards during the project. Appropriate measures will need to be specified for their control: Presence of Asbestos. Possible presence of Lead. Possible presence of MDF. Dust, Electricity, Adhesives, Preservatives, Paints, Sealants, Jointing Compound, Insulation, And any other product which may be required for the works.

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

PARTICULAR RISKS (PART 6)

The following is a non exhaustive list of particular risks to the safety and health of persons as set out in Schedule 1 of S.I. No. 291 of 2013 together with the opinion of the Project Supervisor for (Design Stage) on what elements of the works may fall within each particular risk category. It should be noted that many of the risks on the project may arise out of working methods which are at the discretion of the contractor and as such cannot be determined by the Project Supervisor for (Design Stage).

Work involving particular risks, which would be appropriate to specify in the Preliminary Safety and Health Plan would include:

Items 1 & 2 of the First Schedule where the existence of a particular risk would not be evident and reasonably deducible from drawings or other support documentation to a competent Project Supervisor (Construction Stage).

Items 3 to 10 of the First Schedule where such risks are reasonably foreseeable by the Project Supervisor (Design Stage).

Note: Listed below is the work which in our opinion may involve particular risks as referred to in First Schedule of the Regulations (S.I. No. 291 of 2013) subject to the following:
In relation to items 1 and 2 of the First Schedule only those risks which would not be evident and reasonably deducible from drawings or other support documentation to a competent Project Supervisor (Construction Stage) are listed.

In relation to items 3 to 10 of the First Schedule only those risks which are reasonably foreseeable by us are listed.

In relation to other work, which may involve particular risks, only those risks which would not be evident and reasonably deducible from drawings or other supporting documentation to a competent Project Supervisor (Construction Stage) are listed.

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"Works which put persons at work at risk of burial under earthfalls, engulfment in swampland or falling from a height, where the risk is particularly aggravated by the nature of the work or processes used or by the environment at the place of work on site".

Burial under earthfalls, for example deep foundations, deep cuttings, work in excavation which are in or adjacent to **unstable** ground, **hazardous** undermining existing foundations – *Construction of building boundaries.*

Engulfment in swampland, for example: unstable ground, work adjacent to lakes, canals and ponds or reclaimed ground.

Falling from a height, for example, where the risk associated with working at height is likely to be aggravated by the presence of another significant hazard then a particular risk may be present, for example:

- All work at high levels to gutters, roofs etc., be in strict accordance with the Project Supervisor (Construction Stage) directions. Approval and safe working methods from approved and certified raised platforms, both internally and externally are to be agreed with the Project Supervisor (Construction Stage) prior to works being undertaken.

Works on or adjacent to fragile roofing materials.

- Any access to partially completed and completed roof areas to be achieved using the full arrest system provided, in strict accordance with manufacturer's instructions.

Operations where the natures of the work or other restrictions make it impracticable to provide standard scaffolding or other suitable and suitable means of support.

"Works which put persons at risk from chemical or biological substances constituting a particular danger to the safety and health of such persons or involving a legal requirement for health monitoring".

Where certain materials or substances are to be used, or materials in existing buildings are to be modified, a particular risk in relation to chemical or biological substances may exist.

The circumstances of the use of certain materials or substances may give rise to particular risks based on their toxicological or physio-chemical properties, for example:

- The presence of potential presence of explosive atmospheres (including potential for dust explosions)
- Work in confined spaces (i.e. areas where there is a possibility of a deficiency of oxygen or the presence of dangerous gases or vapours).

There may be a specific legal requirement for pumping station etc., where a work activity puts a person's health at risk from hazardous substances or preparations. Where such a requirement exists the activity must be regarded as involving a particular risk.

Examples of activities requiring health monitoring and as such involving particular risks include:

The stripping of lagging which contains or is likely to contain asbestos or the breaking and removal of insulating boards and tiles likely to contain asbestos where the "action level" as defined in the Safety, Health & Welfare at Work (Exposure to Asbestos) Regulations 2006 is likely to be reached or exceeded. (Insulation products used prior to the mid 1970s often contained asbestos)

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The breaking or mechanical drilling and sawing of asbestos cement products where the above mentioned "action level" is likely to be reached or exceeded. This is more likely to occur when removing old or existing asbestos cement products rather than installing when such products are new.

Demolition involving the flame cutting of painted steel where the paint is likely to contain lead and where an assessment reveals any conditions referred to in Regulation 4 (7) of the European Communities (protection or workers) (Exposure to lead) Regulations 1988. (Lead paint has not been used in significant quantities since the mid 1970s).

Work involving the use of substances which must be labelled with the risk phrases R45 "may cause cancer" or R49 "may cause cancer by inhalation" and where a risk assessment in accordance with Regulation (4) of the Safety, Health and Welfare at Work (Carcinogens) Regulations 1993 reveals of risk to safety or health. Substances classified as carcinogens include zinc chromate, and certain classes of bituminous substances which are used in caulking or sealants – *do not use Risk Phrase 45 or R49 material in the works.*

Work involving the use of substances or preparations which must be labelled with the risk phrase R42 "may cause sensation by inhalation" and where a risk assessment in accordance with Regulations 3 (2) and 3 (8) of the Safety, Health and Welfare at Work (chemical agents) Regulations 1994 reveals a risk to health. These are a component of may coatings, sealants and foams, particularly of "two pack" coatings or urethanes – *do not use Risk Phrase 42 substances (unless used by specialist sub-contractor under strict controlled conditions*).

All hazardous substances and preparations must be labelled with appropriate hazard symbols and suppliers must provide a safety data sheet when requested by any person. The labels and safety data sheets must include risk phrases, which indicate the specific risks associated with the substance. These requirements are set out in the European Communities (Classification, Packaging and Labeling of Dangerous Preparations) Regulations 1995.

"Work with ionising radiation requiring the designation of controlled or supervised areas as defined in Article 20 of Directive 80/836/Euratom such as : radioactive materials or plant, radioactive installations, work near x/ray machines, in hospital radiotherapy or nuclear medicine departments"

Ionising radiation is most commonly encountered in connection with certain types of non-destructive testing and work near operating x-ray machines or in hospital radiotherapy or nuclear medicine departments or from some old lightning conductors.

"Work near high voltage power lines"

The category includes all high voltage power lines, including overhead and buried lines. It also includes high voltage cables supplying fixed plant where a significant risk of breaching cable insulation exists. The Safety, Health and Welfare at Work (General Application) Regulations 1993 define high voltage as any voltage exceeding 1000 volts alternating current or 1500 volts direct current.

"Work exposing persons at work to the risk of drowning"

For example:

Work over or near water where there is a risk of persons falling into the water and drowning, works significantly below water table, work to bridges, culverts, work on or near the canal, lakes, ponds, reservoirs. Work where there is a risk of falling into and drowning in product vats, slurry tanks or grain silos – construction of boundaries to south.

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"Work on wells, underground earthwork and tunnels"

For example:

Excavated well; underground earthworks; tunnels; underpinning.

"Work carried out by divers at work having a system of air supply"

N/A

"Work carried out in a caisson with compressed air atmosphere"

N/A

"Work involving the use of explosives"

For example:

Rock blasting or demolition.

"Work involving the assembly or dismantling of heavy prefabricated components"

This category includes work involving steel sections, heavy precast concrete frame elements, trussed rafters and some items of mechanical plant.

Erection of main structural steel support components to be carried out in strict accordance with the Project Supervisor (Construction Stage) instructions and safe working practices.

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

SITE-WIDE ELEMENTS (PART 7)
Location of site access and exit points: The Contractor shall at all times confine his activities on site to the specific work location and to such surrounding areas as may be approved by the Project Supervisor at Construction Stage. The works shall be carried out in such a way as to cause the minimum of inconvenience to the general public The statutory requirements relating to control levels of noise on site must be strictly observed.
Temporary site accommodation: Contractor to make his own arrangements for site accommodation and to make good on completion where necessary to the satisfaction of the Project Supervisor at Construction Stage.
Unloading and storage areas: Contractor to make his own arrangements in relation to loading and unloading and attain the necessary approvals.. Contractor to also make his own arrangements for storage areas. These areas must not interfere with the emergency evacuation procedures or inhibit the safe running of the project.
Traffic/pedestrian routes: Contractor to comply with the traffic restrictions and local authority regulations in place and any other legal restrictions that may be imposed on him during the course of the works.
Existing welfare facilities: Existing welfare facilities will not be used by contractor. Contractor to provide their own but will be allowed connect to existing services.

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

OVERLAP WITH CLIENT'S UNDERTAKING (PART 8)
The following operations will continue during construction: **N/A**
Restrictions on times: Normal working hours are acceptable unless prior approval is sought and granted. Generally the contractor will be allowed out of normal working hours including Saturdays in order to complete the works within the agreed programme. **Contractor to liaise with Cavan No.1 School**
Restrictions on access: **There are no restrictions on physical access as works are intended to be carried out over the October mid term break.**
Other restrictions: N/A

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE (Continued)

SITE RULES (PART 9)
Client/planning supervisor rules: Permit to work will apply for the following activities (if the need arises): All hot work that produces heat e.g. welding, cutting, and burning, grinding etc. In the event of confined space entry e.g. Manholes etc. The building will be designated ***"no smoking"*** at all times.
Emergency procedures: The Contractor is to prepare an emergency procedure and must incorporate assembly points, appropriate signage and fire extinguishers, fire safety plan and first aid etc.
Other restrictions: Contractor to carry Public Liability and Employers liability insurance policies.
The Principal contractor will be required to provide additional rules on the following: Training Induction Equipment Personal protective equipment Permits to work. Accident reporting

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PRETENDER HEALTH AND SAFETY PLAN – DESIGN STAGE

Pretender Health and Safety Plan (Continued)

PROJECT LIAISON PROVISIONS (PART 10)
Contractor design works: N/A.
Design Alterations: Any design alterations will be issued via the Contract Administrator. The contractor must make allowance in the Health and Safety Plan Construction Stage **PRIOR** to carrying out the alteration in design.
Health and Safety file: The Health & Safety file is to be prepared in accordance with the **The Safety Health & Welfare at Work (Construction) Regulations 2013.** All operational and maintenance manuals incl. Manufacturer's instructions to be include in the H & S File.

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Design Risk Assessment

General

This section of the Preliminary Health and Safety Plan identifies any particular risk associated with the work/project that are reasonably foreseeable at the design stage. **"**Particular Risks" are not explicitly defined in the Safety, Health and Welfare at Work (Construction) Regulations, 2013 and as a result this section includes but is not limited to the risks as detailed in Schedule 1 of the Construction Regulations 2013. It should be noted that as the work develops, additional hazards maybe identified – such hazards cannot be anticipated by the PSDP at the design stage of the works.

A particular risk may be present in the work environment if a certain hazard is aggravated by either an additional hazard or by the existing work environment. Since Schedule 1 is a non-exhaustive list, the PSDP is therefore responsible to identify additional risks that present themselves at the design stage of the project/works.

The design process risk assessment was completed by the Health and Safety Coordinator on behalf of the PSDP. The assessment is divided into two sections. Section 7.2 refers to the particular risks as detailed in Schedule 1 of the Safety, Health and Welfare at Work (Construction) Regulations 2013. Since Schedule 1 is a non exhaustible list of particular risks - section 7.3 details risks that are not specified in schedule 1, however present a particular risk to safety.

The control measures identified in the design process risk assessment are indicative of what is expected from the PSCS. Any deviation from the identified controls must be in agreement by the PSDP prior to the commencement of works. ***The control measures as detailed in the Developed Safety and Health Plan must be a true reflection of the controls implemented during construction work.*** This is the responsibility of the PSCS.

Conclusions drawn with regards to the Principles of Prevention are detailed in the "Control Measures" column of the Design Process Risk Assessment.

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Design Process Risk Assessmen - Particular Risks – Scheduled

✓ Check the box as Required

Ref	Particular Risk	H	M	L	N/A	Details/Location	Control Measure(s)
1	**Risk of falling from a height:** Where the risk associated with working at a height is likely to be aggravated by the presence of another significant hazard *e.g. working on a bridge*	✓				**Falling into the ground.**	PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified. Personnel to be appropriately certified.
2	**Risk of burial or engulfment:** Where the risk associated with working in an excavation is aggravated by the presence of another significant underground service or where there is a risk of undermining existing foundations e.g. *working in trench greater than 1.25m in depth*				✓		
3	**Risks from chemical or biological substances:** Where certain materials or substances are used a particular risk in relation to chemical or biological substance may exist *e.g. working in a confined space, working with open sewers working with asbestos*	✓				**Risk of exposure to asbestos fibers**	PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified to include use of appropriate PPE.

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Ref	Particular Risk	H	M	L	N/A	Details/Location	Control Measure(s)
4	**Work with ionizing radiation as requiring the designation of controlled or supervised areas as defined in Directive** 80/836/Euratom[2] *e.g. working near operating x-ray machines*				✓		
5	**Working near high voltage power lines:** *any voltage exceeding 1000volts AC or 1500 volts DC*				✓		
6	**Risk of Drowning** e.g. works in undrained excavations, septic tanks etc.				✓		
7	**Work on wells, underground earthworks and tunnels** e.g. excavated wells, underground earthworks, tunnels, underpinning.				✓		

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8	**Work carried out by divers at work having a system of air supply.**				✓		
9	**Work carried out in a caisson with a compressed air atmosphere.**				✓		
10	**Work involving assembly or dismantling of prefabricated components** e.g. assembly or dismantling a boring or drilling. rig, work involving pre-cast concrete frame elements				✓		

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Particular Risks - Unscheduled and Non-Exhaustive List

Ref	Particular Risk	H	M	L	N/A	Details/Location	Control Measure(s)
1	**Unauthorized Access**	✓					PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified to include traffic & pedestrian management.
2	**Work carried out in close proximity to Live traffic** e.g. hedge cutting on a regional road with no hard shoulder, operating velocity patcher on a regional road where the geometry of road results in unsafe environment				✓		
3	**Conflict between moving equipment, site machinery and movement of public vehicles, pedestrians, cyclists etc. whilst accessing or exiting the site in particular vehicles or trailers extending onto the live carriageway while entering/leaving site.**	✓				Within the area, particularly within at access points.	PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified to include traffic & pedestrian management and appropriate vehicle safety features.
5	**Working with moving plant/machinery**	✓					PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified to include use of certified operators.

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6	**Objects falling from a height** e.g. debris falling from plant/machinery.	✓					PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified.
7	**Working near live animals**				✓		
8	**Presence of embankment / slope**				✓		
9	**Noise and/or vibration (from plant and machinery)**	✓					PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified to include operators wearing appropriate PPE.
10	**Presence of physical barriers**	✓					PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified for working adjacent to these locations.
11	**Presence of containers of fuel for plant and machinery**		✓				PSCS to ensure appropriate risk assessment is carried out and appropriate control measures are identified.
12	**COVID-19**				✓		

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Safety Statement

A Safety Statement is to be provided prior to the commencement of the work. This statement will comply with the requirements of current legislation, particularly the Safety, Health and Welfare at Work Act 2005 and the Safety Health and Welfare at Work (Construction) Regulations 2013. Complying in full with the current Safety, Health and Welfare at Work Acts will be deemed to be included. The Contractor will be responsible for taking all necessary steps to ensure the safety of his own, his sub-contract employees, and the general public. The Contractor shall inform the Contract administrator/Engineer before using any machine, article or substance affecting the safety of persons not in his employment. The Contractor is to ensure safe access to and from the site. The Contractor shall be responsible for taking all necessary steps to ensure the safety of persons on vehicles in and around the site and shall prevent by means of hoarding or temporary fencing their accidental entry to the site.

The Contractor shall be entirely responsible for the safety of all persons within the site, both employees and other personnel. All personnel visiting the site must first seek permission from the Site Forman/Engineer before accessing the site.

The Contractor shall include for a competent person (nominated by the Contractor and to whom the employer does not object) being appointed by the employer to act as and carry out the duties of Project Supervisor for the duration of the Construction Stage as set out in the Safety, Health and Welfare at Work (Construction) Regulations 2013.

The information contained in this preliminary Health and Safety Plan has been prepared prior to the commencement of the work on site. It does not take account of any matters or information that may come to light after that time.

Oisin Boyle
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(Project Supervisor for Design Stage)